

## DVD Review

# Challenged

By

Dan Short Ph. D. and members of the Institute

ISBN 978-0-9986186-2-3

The institute of Phoenix and Dan Short created a wonderful training video. Members of the institute role play some of their most difficult cases and Dr. Short address them in a treatment approach. If you did not know this was a role play you wouldn't know it from the way the sessions are conducted or the people responding. Both the Institute members portraying difficult clients and Dr. Short's responses are what you would expect to see from a respected Ericksonian practitioner as Short even with difficult cases.

At strategic moments, comments appear on the screen letting, you the viewer, know what is being done and how come. The comments anticipate your questions and even tell you what you wanted to know but didn't think to ask. Overall you get a sense that this training video has been well done.

Made from a collection of video's made in 2016 and 2017 the DVD offers you some real insights about treatment, whether you are a student or a seasoned practitioner. The reason is that sooner or later we all get people who are as difficult as the ones that are presented. What is offered is a well thought out approach that utilizes what is at hand but is informed by clinical expertise and research.

After each segment Dr. Short addresses the group and answers questions, as well as teaches how come he was doing what he was doing. I found the sessions engaging, informative and helpful. Dr. Short is a gifted teacher. While he teaches he gives you facts that make a difference. For instance, one bit of information I got from the teaching was that when clients receive tools they feel as if they are learning something. That is important. The same is true if during a session they felt strong feelings. When that happens they tend to feel as if something is changing. Of course those and other things he offers that way are from research. Yet, it is his gifted choosing of what to offer that makes for good teaching.

There are four chapters in this DVD. They are titled, "Working with Negative Transference," "Working With Victimization" Working with Defiant Resistance, "and "Working with Absolute Despair" I probably wouldn't have titled them the way he did, because of the association to Freud, however the way he uses it is directly in line with the more common understanding of transference. It is about the client transferring to him the negative feelings she feels about her husband, and herself. Having worked with people like that, I was impressed with what the DVD suggests to do and how come. It was insightful in an Ericksonian fashion, because it utilized what was available.

While I liked all the chapters, the one that touched me the most was the one that dealt with absolute despair. It not only showed options but Dr. Short's awareness and compassion about people dealing with absolute despair was emotionally encouraging while being intellectually informative.

The section on behaviors to help clients feel motivated felt useful and like you have a knowledgeable friend offering assistance. He said, that aligning goals with what the client wants to have happen was one way to motivate. Another way he suggested was offering therapeutic directives that challenge the client to complete a task, because it implies that since you asked, you obviously believe they can.

Reviewed by

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